

# ANACONDA TIMES

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Proudly serving Logistics Support Area Anaconda

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Photo by Staff Sgt. David E. Gillespie

Sgt. Maj. of the Army Kenneth O. Preston jokes with a Soldier who is attempting to recite the Soldiers Creed during the sergeant major of the Army's visit to LSA Anaconda Aug. 15.

## Soldiers benefit from transformation

By Sgt. Annette B. Andrews  
Editor

The 13th sergeant major of the Army, Sgt. Maj. of the Army Kenneth O. Preston, discussed Army transformation and how it benefits Soldiers during his visit to LSA Anaconda Aug. 15.

While Preston addressed the troops on transformation, he also spoke of the warrior ethos instilled while in basic training. The American Soldier is an "Infantry Soldier first and an occupational Soldier second," he said.

The Army is currently made up of 33 brigade combat teams; these brigades will

eventually be transformed into 43 brigade units of action, and potentially five more BUA's will be added after that, Preston put forward.

"The transformation over the next three to five years is going to be the largest transformation since World War II," Preston said.

Transformation means stability and predictability for Soldiers and their families, he stated. By stabilizing the Soldier straight out of advanced individual training for 36 months, most Soldiers will be encouraged to remain with that unit for a second tour, this is where Soldiers get six or seven years at one duty station.

This stability enables Army spouses to

pursue careers of their own. Also the service members' children will be able to graduate from one school before attending another level of education. Making an investment in a home is another possibility brought on by stability.

This type of stability keeps brigade teams together for cohesion and predictability. For example, if a unit is at 100 percent manning until 2006 and that unit receives orders to deploy to Afghanistan for six months there is guaranteed unit integrity.

That unit will perform exceptionally well because the Soldiers had been

## Living in a materiel world

By Sgt. Ann Venturato  
Assistant editor

Gen. Paul J. Kern, the commanding general for the U.S. Army Materiel Command, visited Soldiers and saw how well the Army Materiel Command was doing here Aug. 13.

His first stop was at the 7th Transportation Battalion where he met with Lt. Col. George Akin, battalion commander for the 7th Transportation Battalion.

Akin mentioned some of his Soldiers' great accomplishments here.

"We get it there, no matter what the threat," he said. "Soldiers get back in the cab of their truck a day after being hit by an improvised explosive device. The Soldiers understand their mission means survival."

Kern saw some of the innovations Soldiers are doing to stay safe here in Iraq. His tour included a stop at the Skunkwerks facility and the small arms support center. He was able to see some examples of vehicles that had been up armored.

"I have heard Soldiers say that if you look more offensive, you have a better chance of survival," Kern said.

Kern was impressed with what protective measures were being taking to keep Soldiers safe.

During the tour, Col. Darryl Bradley, commander of LSA Anaconda Materiel Command, pointed out to Kern the new Corps Distribution Center yard which is scheduled to be fully operational in October.

"It is really important to see how things are going," said Kern.

The Materiel Command is doing their part to provide Soldiers with the upper hand when it comes to survival.

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working together as one team for quite awhile, he stated.

Service members will be able to predict when a deployment is coming up. Families can plan for other unit activities as well.

During his briefing, he reminded the troops that "every Soldier is a rifleman." The crowds nodded their heads in agreement.

Being a warrior and a Soldier's Soldier, Preston took the time to pose for photos with LSA Anaconda troops and listen with a look of pride on his face as individuals recited the Soldiers Creed:

**I am an American Soldier.**

**I am a Warrior and a mentor of a team. I serve the people of the United States and live the Army values.**

**I will always place the mission first.**

**I will never accept defeat.**

**I will never quit.**

**I will never leave a fallen comrade.**

**I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.**

**I am an expert and I am a professional.**

**I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.**

**I am a guardian of freedom and the American way of life.**

**I am an American Soldier.**

Before he departed, Preston said the senior leadership at the Pentagon wants the troops to know "We are all very proud of you and your families and the sacrifices you make everyday."

The sergeant major of the Army will return in December with the USO show.



Photos by Staff Sgt. David E. Gillespie

Sgt. Maj. of the Army Kenneth O. Preston explains transformation and how it pertains to the individual Soldier and his or her family Aug. 15.



Sgt. Maj. of the Army Preston explains how the drawstring replaces the metal tabs on the side of the ACU pants.



Soldiers get an up-close-and-personal look at the Army's new combat uniform. This ACU is a personal set belonging to Sgt. Maj. of the Army Preston.

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# There are heroes all around us

By 1st Lt. Anna DaPont  
332nd AEW CASF

My story, though, is a bit different; probably not something you'll read in your daily newspaper. No, rather, it's something that as a military nurse I have the honor of seeing every day.

Being in the medical field for over eight years and having worked in a trauma center, I have seen a lot of miraculous things. Being in the Contingency Aeromedical Staging Facility, however, I have seen things that I will never forget.

I've lost count of the heroes that have come through these doors.

I once had a group of Soldiers, from the same infantry unit, who were patients here at the CASF. They were involved in a terrible explosion in which half of their team was killed and they were the survivors. The bond between these guys was so thick, that each time one of them moaned in pain, the other one was right there to comfort him. All of these men had some sort of serious or potentially serious injuries. Part of one's face was cut up from shrapnel, blinding him in one eye, he also had a broken arm and was badly burned on both legs. The other had an injury that nearly made him lose his left leg, and the last one had wounds to his chest wall and abdomen, along with burns along his body.

Throughout the whole shift, I could hear each of them talking to one another from across litters – asking if each one was still there with them and if they were OK. You could hear the sighs of relief with each

moan and each teardrop. That's how they knew that they were OK, that they were still alive and were going to make it.

Let me tell you more about the heroes behind these CASF doors.

The ones who have so much pride in what they do, in who they are, and in who they have become, that their brotherhood pours out from their tears. These are the same men who wince in pain, not because they themselves are injured, but because somehow and somehow they felt they let their troops down. What they failed to see is that they were the ones keeping their brethren alive. To nurture a man's spirit, that has been so badly hurt, to the point where he believes that he can make it just one more day, that he must make it one more day, is something that these infantrymen have given back to their troops. They've given each other hope, even when the odds of survival are not in their favor.

I've been asked many things from my patients. I've been asked to stay and ride with them to the plane because that way they knew that they were really leaving. I've been asked to stay close by – just a little longer. I could see that they were trying to erase the pictures from their waking nightmares. I've been asked if the troop I just sent out would make it, if he would be alright, and please, please not let him die.

And with all this, I would answer them with some sort of hope; trying to make them feel safe, trying to show them that I've done everything that I could. And all the while, hoping that my healing touch would secure their fears and my words

would ease their pain.

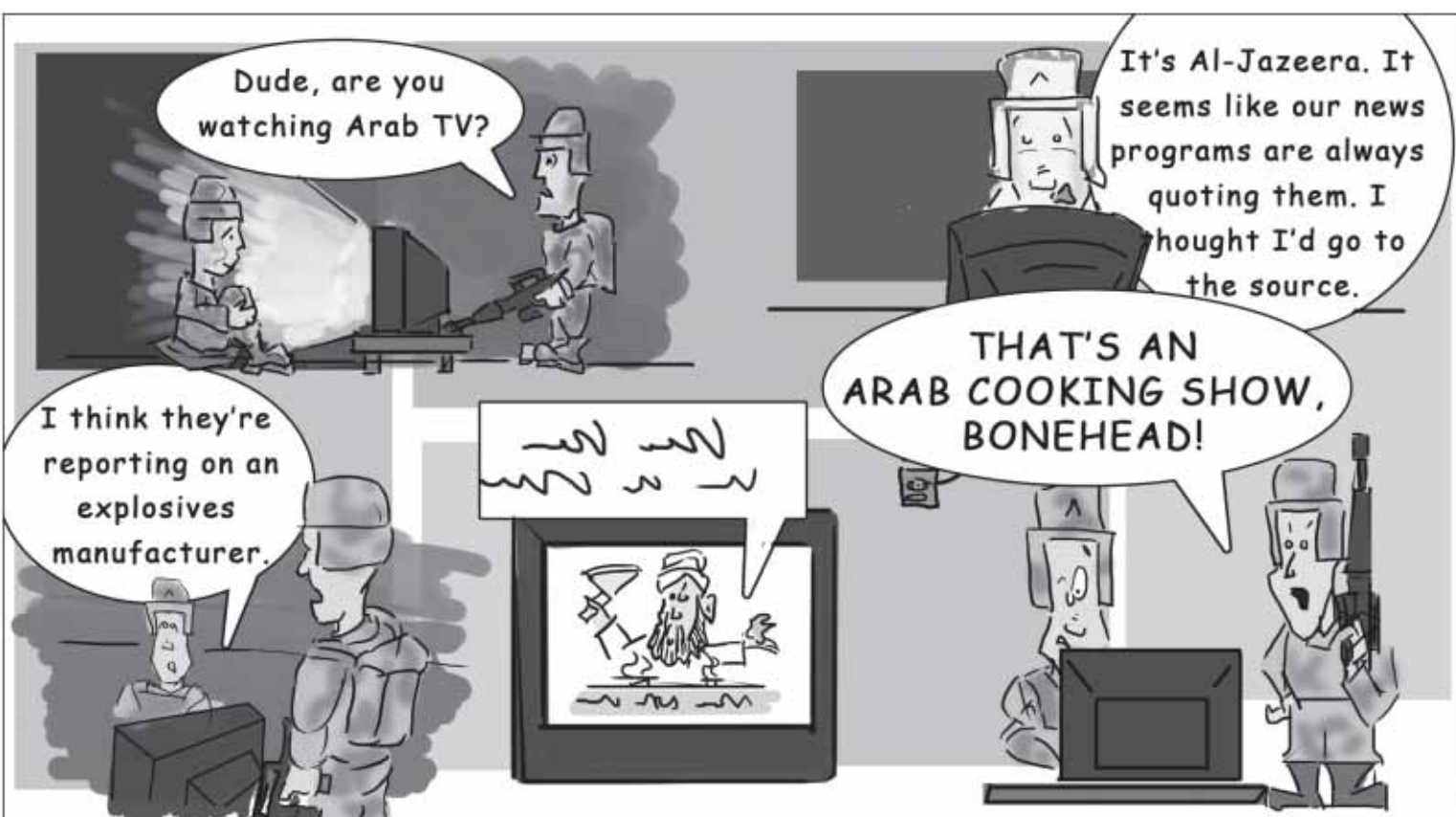
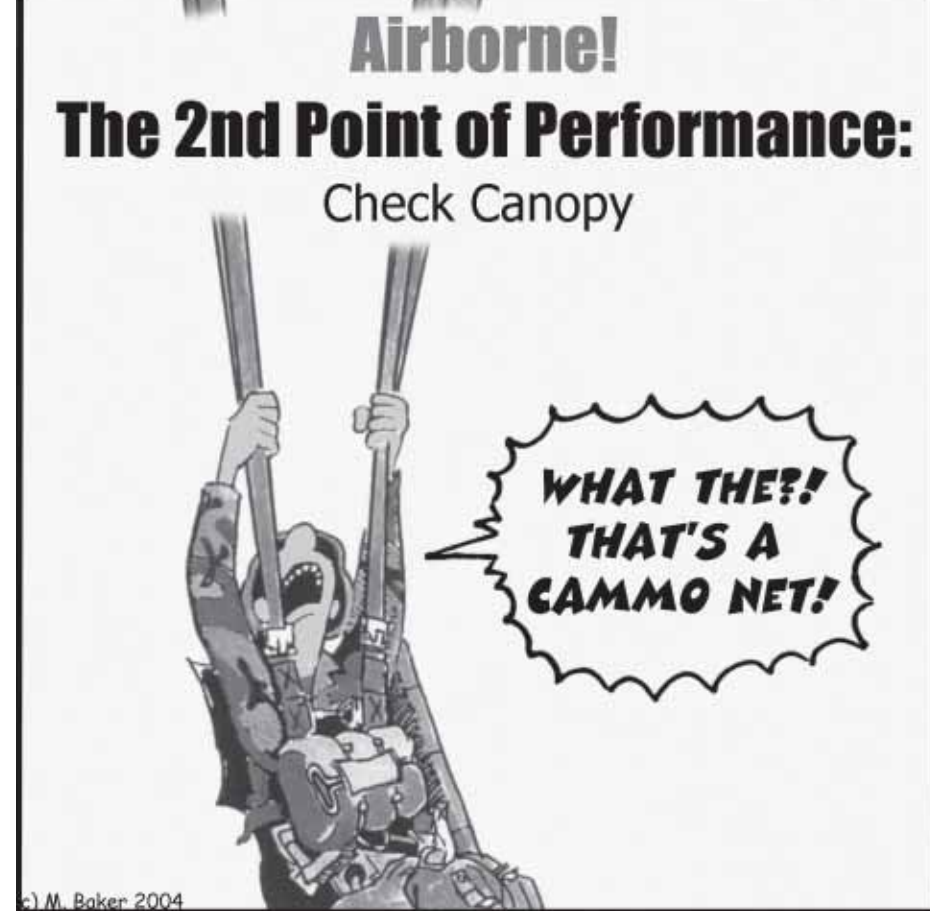
I have also seen many things. I have seen grown men cry, some cry because a Soldier was killed, some because of what they were made to do, and others because of the disappointment that they let their men down.

But within all this terror and fright, I've also seen beauty. The most beautiful smile came from a wounded child. Her smile brightened up my day and reminded me

again of why we are here.

Looking back at my time spent in this barren land, I think about the amazing things that I have seen and people I have met. Everyone with their own story, everyone with their own disappointments and hopes, has brought some wholeness to what seemed like an empty place. I am proud to have served such fine troops and will never forget the heroes that I have seen behind these CASF doors.

## Pvt. Murphy's Law





## Left Shoulder Diary

# U.S. Army Corps of Engineers

Compiled from  
Unit History

The U.S. Army Corps of Engineers shoulder sleeve insignia is characterized by a square one and one-fourth inches in width placed point up, having within a one-eighth of an inch white border a background divided in half vertically with white on the left and scarlet on the right bearing a castle tower throughout divided in half with scarlet on the left and white on the right and centered thereon an opened pane of dividers above a grid-lined globe, both divided in half with white on the left and scarlet on the right.

The globe refers to the activities of the U.S. Army Corps of Engineers both in the continental United States and overseas. The dividers are symbolic of design and planning, and the tower signifies the construction mission. Scarlet and white are the colors traditionally associated with the Corps of Engineers.

The insignia was originally approved for the U.S. Army Engineers Divisions and Districts Oct. 31, 1977, and was re-designated for the U.S. Army Corps of Engineers July 11, 1979.

The Corps carries a proud heritage that began in 1775 when the Continental Congress authorized the first chief engineer whose first task was to build fortifications near Boston at Bunker Hill.

In 1802, a corps of engineers was stationed at West Point and constituted the nation's first military academy. The United States Military Academy was under the direction of the Corps of Engineers until 1866. The Corps began a tradition of military and civil works missions that continues to this day.

It was influential in the creation of Yellowstone as the first national park in 1874 and in the 1870s began to regulate construction of bridges to prevent obstruction to navigation. With legislation in 1928, attention broadened from the Mississippi River to its tributaries.

The Flood Control Act of 1936 recognized flood control in general gave responsibility for most federal projects to the corps of engineers.

After World War II, multi-purpose projects involving navigation, water storage, irrigation, power and recreation, in addition to flood control, predominated. The corps became a leading producer of hydroelectric power. The corps' role in protecting the natural environment also expanded.

The Corps of Engineers has several elements deployed to Iraq, helping to improve the infrastructure of Iraq.

## Civilian of the Week

**N**icholas Nguyen from Columbus, Ga., is the LSA Anaconda Post Exchange manager.

Prior to this deployment he worked at Fort Benning.

Our basic mission here is to support the troops, Nguyen said.

He arrived at LSA Anaconda in the middle of April. Nguyen oversees customer service in the PX and makes sure Soldiers are getting great service when they come into the PX.

The most enjoyable part of my job is meeting people everyday, Nguyen said.

"Everyone has a story to tell," Nguyen said.

The toughest part of his deployment is being away from his family.

"I miss my family. I have a wife and daughter," Nguyen said.

"My family knows I am doing a good thing here; they don't like it but they accept it," Nguyen said.

Nguyen had mixed feelings about coming here with being away from his family but knew he had a job to do here supporting the troops.

"I think we are doing good things over here. We are contributing to something that is bigger than ourselves," Nguyen said. "It's tough and it's difficult. There is a lot of hardship over here but there are people over here contributing to a cause. Not many people have the opportunity to do that."

While being deployed, Nguyen has been able to experience some of the same things Soldiers are facing here.

"We have been exposed to the same level of danger and difficulties here as the troops," Nguyen said.

Like Soldiers, Nguyen is looking forward to going home and seeing his family and friends and enjoying the little comforts of home.



Nicholas Nguyen

## Absentee Ballots

### Recommended cutoff dates

**Aug. 15 to request absentee ballots**

**Oct. 11 to mail in absentee ballots**

**This is simply a recommended time frame  
to ensure that ballots arrive at the local office  
prior to election day to avoid unforeseen delays  
and other issues.**

**Any ballots received up until election day  
will be counted.**



# Firefighters stamp out flames

By Pfc. Leah R. Burton  
Staff writer

The firefighters of the LSA Anaconda pull 24-hour shifts at three fire stations around post, responding quickly in order to save buildings, tents and vehicles from the lethal enemy, fire.

The rescue teams are always prepared to respond to all types of emergencies around the installation.

"We provide fire response and emergency medical response for the LSA and assist the Air Force with any aircraft emergencies along the flight line," said Spc. Benjamin Majewski, 907th Engineer Detachment.

The emergency teams conduct daily maintenance of their vehicles and gear and have all their mission-essential equipment ready to be operated at the drop of a match. The rescue workers pass the time conducting training and working on getting various certifications.

The firefighters respond in one to two minutes of receiving a call. In that short amount of time, they must don their gear, which includes bunker pants, coat, boots, Nomex hood and a self-contained breathing apparatus. They also carry an ax, pry tool and flashlight.

For their own protection, they are equipped

with a personal alert safety system that sounds an alarm should they be struck down and remain motionless for several minutes.

Working with two teams of four people, one team of three people and a water supply team of two people, wearing gear that weighs upwards of 50 pounds, they respond to such incidents as hazardous material spills, vehicle accidents, mortar attacks, and electrical or generator fires.

The number one cause of fires on LSA Anaconda is faulty electrical wiring.

"We do inspections. We tell people to make corrections. Sometimes they don't make those corrections," Majewski said.

The corrections include things like refraining from overloading electrical circuits, replacing the batteries in the smoke detectors, replacing unserviceable fire extinguishers or cleaning up cluttered work and living areas.

Running a close second to faulty wiring is negligence. Negligence constitutes everything from leaving an iron turned on to throwing a lit cigarette into the garbage can.

"I'd say we have a minimum of one dumpster fire a week from people throwing away lit cigarettes," Majewski said.

There are measures residents of LSA Anaconda can take to prevent fires in their facilities. Every unit should have a designated fire marshal who

conducts monthly fire inspections of the building or tent, checking for clearly marked and accessible exits and operational fire extinguishers and smoke detectors.

"Tent fires are the worst. The fabric of the white living tents is treated with a flammable liquid. They burn very quickly. From the point the fire starts to the tent being pretty much gone is two minutes," Majewski said.

"When you lose a tent, you lose everything and you can't get it back," said Sgt. Jamel Linzsey, 907th EN Det.

It's everyone's responsibility to pay attention to obvious fire hazards, such as overloaded circuits and built-up trash.

"Common sense must be used in tents and buildings to prevent non-combat injuries. Maintain situational awareness and prevent yourself from becoming a casualty," Majewski said.

All of these preventive measures help make the firefighters job easier and keep the residents of LSA Anaconda safe.

The Fire Station 2 personnel consist of Soldiers from the 475th EN Det. from Iowa, the 907th Engineer Detachment from Washington and the 266th Ordnance Company from Puerto Rico. The Soldiers work hand-in-hand with airmen from the 732nd and 332nd Expeditionary Civil Engineer Squadrons.



Sgt. Jamel Linzsey, 907th Engineer Detachment, suits up in preparation for another mission extinguishing fires around LSA Anaconda.



Sgt. Jamel Linzsey is assisted by Majewski, 907th EN Det., in hooking up a set of spreaders to a generator during preventive maintenance checks and services.



Spc. Benjamin Majewski, 907th EN Det., pulls his fire truck out of the bay.

Photos by Pfc. Leah R. Burton

## Professional football honors purple heart recipients at hall of fame ceremony

It was the Deacon's doing. After visiting troops in Iraq and at Walter Reed Army Medical Center in Washington, pro football hall-of-famer David "Deacon" Jones looked to his football past to bolster the service members' morale.

The result was a trip to Canton, Ohio for the 2004 Hall of Fame weekend and game for four Purple Heart recipients.

"(Jones) worked it all out," said Marine Lance Cpl. Kevin Rumley.

Rumley, Marine Lance Cpl. Christopher Johnson, Army Staff Sgt. Thomas Gillis and former Army Pfc. Alan Lewis were introduced to the crowd gathered

at Fawcett Stadium Aug. 8 for the 2004 Hall of Fame Enshrinement Ceremony.

The ceremony also honored retired Marine Col. Ralph Heywood, a three-time war veteran who played for four years in the now-defunct All-America Football Conference and the NFL.

The ceremony was just one of the weekend's highlights, which included a private dinner with hall-of-famers, a recognition luncheon Aug. 9, and player autographs. The Purple Heart recipients all agreed the NFL had been fantastic, and the reception from the public was very positive as well.

"The fact that the NFL has supported us and recognized us has really brought the morale up," said Gillis, currently on medical hold and awaiting a medical discharge resulting from a spine injury suffered in Afghanistan. "It was kind of like, 'Welcome home.'"

Johnson agreed that the reaction from the public and the NFL had been "awesome."

"I had an opinion of (the NFL), and when I met them, that opinion changed," Johnson said. He added that the attention the soldiers received over the weekend was a little overwhelming.

"I'm not used to it at all," Johnson said.

The appreciation carried over to the festivities late Aug. 9. In 2004's first NFL pre-season game, the four Purple Heart recipients stood at midfield as they were introduced to the sold-out stadium and millions of TV viewers before the start of the matchup between the Denver Broncos and the Washington Redskins.

Heywood, the retired Marine, delivered the game ball at the start of the matchup.

An appearance by members of Rolling Thunder,

a group of military veteran motorcycle enthusiasts involved in POW/MIA issues, completed the military's involvement with the Hall of Fame game, which ended with the Redskins taking home a 20-17 win over the Broncos.

Gillis was with the 3rd Battalion, 504th Parachute Infantry Regiment, of the 82nd Airborne Division when he was injured.

His spinal injury has required three surgeries to date, and physical therapy is ongoing.

Johnson, of Lancaster, Pa., was shot 15 miles from Fallujah, Iraq, on June 20.

He lost his right arm and required six blood transfusions. His doctors say he'll be at Walter Reed for another six to 12 months. A self-described optimist, Johnson said hopes to be a guest there for no more than another month.

Lewis was seriously injured serving with the 3rd Infantry Division in Iraq, and has since left the Army. "I know they do this annually," the Milwaukee, Wis., native said. "(But), it was a once in a lifetime for me."

College is in the cards for both Rumley, who currently uses a wheelchair because of his injuries, and Johnson.

Assigned to Company L, 3rd Battalion, 7th Marines, out of Twentyninepalms, Calif., Rumley is considering a degree in special education dealing with children with Down syndrome when he leaves the Corps. He said a childhood friend had influenced his consideration. Johnson, who is with the 2nd Battalion, 2nd Marines at Camp Lejeune, N.C., isn't quite sure of his plans, but suggested he might be leaning toward history or psychology.

*American Forces Press Service*



Photo by Samantha L. Quigley

**Marine Lance Cpls. Christopher Johnson of Lancaster, Pa., and Kevin Rumley of Fairfax, Va., and Army Staff Sgt. Thomas Gillis of Massachusetts get some individual attention from the 2004 Hall of Fame queen and her court Aug. 9 before the National Football League's Hall of Fame game. The three received Purple Hearts for injuries they suffered in Afghanistan and Iraq.**

## Smart machines, GPS-guided cargo chutes touchdown after first combat drop in Iraq

Steering themselves from nearly two miles high to within less than 200 meters of their target, the Marine Corps' two newest skydivers made their first combat zone landing Aug. 9, 2004, near Camp Korean Village, Iraq.

The jumpers, however, are machines. Smart machines.

Programmed with the drop zone's coordinates, guided by the Global Positioning System, and maneuvered by motor-tugged lines, the Sherpa units each sat atop a pallet of rations for Marines, riding them to Earth and ushering in the future of cargo delivery by air.

GPS-guided parachutes like the Sherpa eliminate numerous disadvantages of air dropping supplies to far-flung troops, said Army Capt. Art Pack, combat developer with the Army's Combined Arms Support Command in Fort Lee, Va.

The Sherpa uses a rectangular, 900-square-foot parachute, which can be steered, versus a classic round chute.

It also incorporates a small drogue parachute to help stabilize the cargo pallet, keeping it facing upward so the main chute opens properly after freefalling.

While in flight, the Sherpa constantly checks its position using a GPS

receiver, and makes flight adjustments as necessary, pulling on two steering lines to turn the parachute.

Before any mission, the aircraft's altitude and speed, the cargo's weight, the drop zone location and wind speeds for various heights must be programmed into the Sherpa's control unit so it can calculate a flight plan, said Gunnery Sgt. Lorrin K. Bush, head of the air delivery platoon.

It can even be programmed to maneuver around obstacles or locations where enemy forces are located.

In response, the Sherpa calculates the precise point in the sky where the cargo must be dropped.

Currently, cargo is dropped via "dumb" parachutes, which have varying accuracy depending on the altitude of the aircraft and wind conditions during the drop, said Pack.

"The GPS-guided chute gives us more flexibility dropping the load," said Capt. Robert D. Hornick, a KC-130 cargo plane co-pilot from Marine Aerial Refueler Transport Squadron 352. "We just get close to the 'DZ' and drop it and it does the rest."

A week prior to the Sherpa's debut, a KC-130 dropped a load of rations for Marines at Korean Village.

Even at 800 feet, the cargo landed 300 meters from its target, said Pack.

In Afghanistan, where air delivery is used heavily to re-supply forces in remote locations, loads have landed more than a kilometer from troops on the ground, forcing them to hike and hunt for the goods.

With the Sherpa, pilots don't even need to see the ground, and can make accurate drops day or night from as high as 25,000 feet and as far as nine miles from the drop zone, said Pack.

In fact, numerous Sherpas could be dropped during one pass, saving time and fuel, and each could soar to a different unit at a different location stretched over several miles.

While seemingly a godsend to Marines in Iraq, the Sherpa's capabilities are limited. One Sherpa canopy can support no more than 1,200 pounds of cargo. The Marine riggers typical pack bundles weighing 2,200 pounds.

The Aug. 9 mission marked the fifth cargo drop by Marines in western Iraq this year.

While air delivery has seen limited use by the Marines thus far in Iraq, it helps reduce the number of Marines and vehicles taking to the dangerous Iraqi highways, veins of insurgent activity but lifelines to sustain troops.

To reduce vehicle convoys to remote bases like Korean Village, Bush plans on equipping the second rotation



Photo by Staff Sgt. Bill Lisbon

**A Sherpa precision cargo parachute system approaches its drop zone outside Camp Korean Village, Iraq, Aug. 9.**

of air delivery Marines with larger parachutes, albeit standard ones, and pallets capable of delivering much larger loads of rations and water. Sherpas will be incorporated into standard drops as well as used to resupply units operating remotely.

"If we can use aerial delivery to keep Soldiers and Marines off the roads, then that's a win-win for everybody," said Capt. Barton T. Brundige, a logistics operations officer.

*Marine News Service*



## Deployed Airman witnesses birth of his second son through the Internet

Tech. Sgt. Troy Goodman did not sit by his wife's hospital bed when she gave birth to their second son.

Instead, he sat more than 10,000 miles away in tent city watching the delivery via Webcam.

"I was woken up at 2 a.m., and got in touch with my wife at 3 a.m.

By 4 a.m., I was logged into the Internet Protocol address and the Webcam was up and working," said Goodman, the NCIOC of munitions inspections for the 40th Expeditionary Munitions Flight at a forward-deployed location.

The Goodmans first heard about the idea of a possible Webcam delivery from a family friend.

The friend used her contacts to get in touch with the right people at Rapid City Regional Hospital in Rapid City, S.D.

Without the Webcam, a phone call would have been the only other option.

On the day of delivery, everything was pre-positioned in both locations.

Before his wife, Valerie, went into labor, the hospital's communications department staff coordinated with people from the 40th Expeditionary Communications Flight to work out all the technical aspects between the civilian hospital and the deployed location.

After hospital workers sent the IP address, each user made adjustments to their systems.

"We had to run several network tests," said Jake Ward, a computer



**Tech. Sgt. Troy Goodman inspects the newest member of his family via Webcam Aug. 12. Sergeant Goodman was able to watch the live birth over the Internet.**

Photo by Master Sgt. Sean Brennan

technician at the hospital. "Once we had a successful test call, I trained a few nurses to use the system too. I was on call for a couple of weeks in case she went into labor during nonduty hours."

"We had problems with audio at first, and the video was a little choppy at the beginning, but it finally smoothed out," said Tech. Sgt. Samuel Nye, the NCOIC for the flight's help desk. "I have never done anything like this before for a customer."

"My wife could see me, but the screen would freeze up periodically; the connection on my end worked fine," Goodman said.

"I kept logging off and logging back in trying for a better connection," Goodman added.

Finally Aug. 3, after spending eight hours in a private chat room, Goodman took a look at his newborn son, Gavin Dean Goodman.

"When Gavin was born the doctor held him up to the camera first, and then gave him to my wife," Goodman said.

Help with this feat came from all directions.

Although both parents were separated geographically, neither husband nor wife were alone for the special delivery.

Mrs. Goodman's sister came from California to assist her during the actual birth.

Retired Master Sgt. Rose Redder, a base-housing neighbor and family friend, watched Goodman's 3-year-old son and his sister-in-law's children when his wife was admitted to the hospital.

This is Goodman's second deployment since Sept. 11, 2001.

He had the option to deploy after the baby was born, but the couple discussed their alternatives and decided it was best for him to be back when he would be the most needed — after the baby arrived.

"He was convinced about joining us on this deployment so he could be there for his family after the new addition was born," said 2nd Lt. Otto Brown, 40th Expeditionary Munitions Flight commander.

Goodman's flight commander was the first person he shared the news with.

"After the baby was born, I went right back to bed. I was whipped after that," Goodman said. "Later on that night, I celebrated with some cigars and close friends."

His deployed leaders have made arrangements to get Goodman back home on the earliest flight available at the end of the rotation.

When he arrives back in the United States, he plans to hang out at home and get to know his new son.

*Air Force News Service*

## Navy corpsman paints mural of Saint Michael in camp's chapel in Iraq

Navy Seaman Robert J. Sterling is making life at the camp's chapel at Camp Mahudiyah, Iraq, a little more colorful.

The hospital corpsman is in the middle of painting a mural depicting St. Michael, known as a patron saint of warriors.

It's a Sterling's labor of love.

"I was basically raised inside of a church," Sterling said. "I was active every Sunday and I've been painting since kindergarten so this just fits together for me. This is the third mural I've done while in the military and I'm excited about it."

Getting the art supplies was difficult for Sterling. The local market sold only chickens and engine parts.

That's where the 2nd Battalion, 2nd Marine Regiment's battalion chaplain, Navy Lt. Eric Verhulst, stepped in.

While on emergency leave, the Grand Rapids, Mich. preacher picked up some brushes and returned to find the supply Marines had scrounged high-quality brushes for the chapel mural.

"I want this to be a quiet place where troops can come and meditate or pray or just be by themselves," Verhulst said. "The mural will hopefully offer some comfort and inspiration."

"It's been an idea we've had for a while but with our moving around we never really got to see it through," he added. "We wanted to make the place look like a chapel instead of a white-walled padded room."

The depiction of St. Michael is also a tribute to the Army units who served here prior to the Marine battalion.

"Saint Michael was the name of one of the villages the 82nd Airborne landed in during World War II," Verhulst explained. "The Army named many of their bases by cities they fought in during their history and ours was named Forward Operating Base St. Michael when they were here earlier this year."

The name changed but the spirit invoked did not. In keeping with the former base name, the mural depicting the angel-warrior is gracing the main wall of the chapel.

Sterling expects to spend four hours a day on the mural, which he said would take him a week and a half to complete. The mural comes from a picture depicting the angel culled from images in the Bible.

"Whatever type of work I do I like to research it as much as I can. I read some books and got some ideas for the picture before I started," said Sterling.

"Being in a chapel, painting a scene from the bible, you can't help but put some religion into what you're doing."

Marines who have seen the unfinished mural like what is being created inside their sacred space.

"It gives the whole chapel more personality. Marines like to individualize whatever they have and that it what the mural does," said Cpl. Aaron D. Kiracofe.

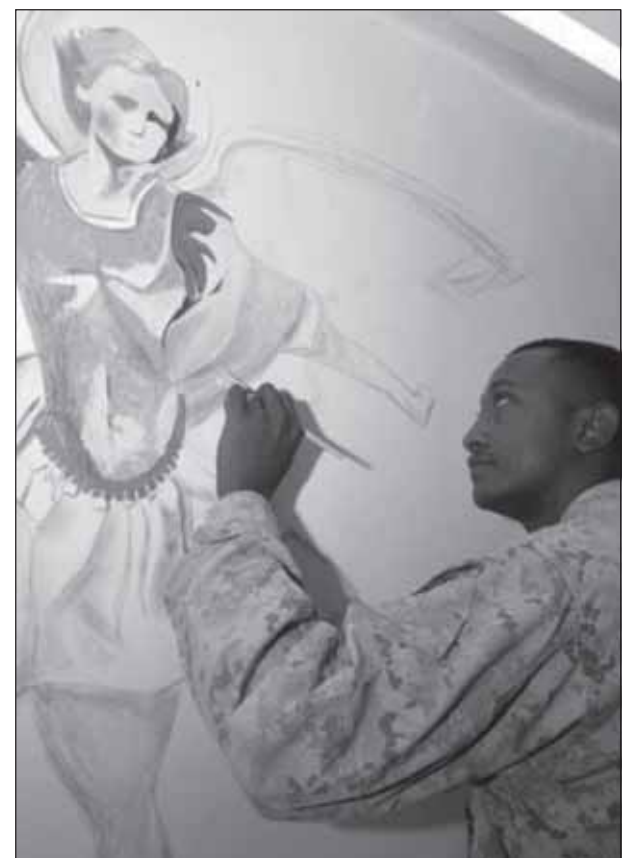


Photo by Cpl. Shawn C. Rhodes

**Navy corpsman Robert J. Sterling, 2nd Battalion, 2nd Marine Regiment, is bringing to life the biblical story of Michael.**

*Marine News Service*





A firefighter checks on the status of Rapier, who was a victim in the simulated CH-47 Chinook helicopter crash.



Sgt. 1st Class Albert Felker, 362nd Military Police Company, provides direct pressure to the ankle of another victim at the simulated CH-47 Chinook helicopter crash site.



Firefighters check on the condition of an injured Soldier.

# Medics train at MASCAL exercise

By Sgt. Ann Venturato  
*Assistant editor*

The airfield here was the scene of a simulated CH-47 Chinook helicopter crash that had the victims screaming in terror at the rescuers for help Aug. 10.

The scenario was part of a mass casualty exercise that was a joint effort of Army, Air Force and firefighters.

It wasn't long before the scene of the accident was set with flames in an effort to simulate a blazing CH-47 Chinook helicopter that was shot down by a rocket propelled grenade.

Firefighters responded quickly to the call and used foam to extinguish the flames.

Then the rescuers checked how safe the scene was and went into the aircraft to start the extrication of the wounded.

Emergency crews triaged the patients while waiting for additional medical personnel to arrive on scene to help treat and evacuate the patients to the hospital.

It wasn't long before medics came on the scene and assisted the fire department with treating the injured people and loading them into ambulances for further treatment.

Medics and firefighters worked together to bandage and load the victims into the ambulances.

All worked together to save the lives of the mock patients.

"The exercise was fairly realistic. It was a good exercise for everybody," said Senior Airman Walter Colton, 332nd Expeditionary Civil Engineer Squadron, a firefighter who helped extricate victims from the simulated crash scene.

The mass casualty exercise also provided emergency and

medical crews with some great training.

"Basically it is a good learning tool and great training although each situation we face is usually different," said Senior Airman Ryan Fitzhenry, 332nd ECES, another firefighter who helped extricate the wounded from the aircraft.

Firefighters weren't the only ones getting training, medical personnel were honing their skills as well.

"It was good training. It helps get us prepared for a real scenario." Senior Airman Joe Benberry. "Saving lives is why we are here."

The mass casualty exercise started off as just a small exercise for the fire department, which was later incorporated into a mass casualty exercise for LSA Anaconda, said Chief Warrant Officer Randall Lottinger, 1st Battalion, 106th Aviation Regiment.

The reason for the exercise is to cut down the response time and save lives. Because the mass casualty exercise was unannounced, emergency personnel who responded to the scene thought at first that they were responding to a real life scenario.

"This was a pre-accident drill and mass casualty drill for LSA Anaconda," Lottinger said. "Like the United Flight 262 accident, we are preparing ahead of time in case such a scenario does happen here. It is unfortunate, but aircraft do get shot at here," Lottinger said.

United Flight 262 crash landed in Sioux City, Iowa in 1989. Rescue workers in that area practiced responding to a plane crash just days before the event actually happened.

It is practice exercises like this mass casualty exercise that will help prepare Army and Air Force personnel to respond to such situations with confidence and knowledge.



Firefighters use foam to extinguish the flames from the metal barrels that simulate the helicopter fire.



Spc. Jared Rapier, 81st Brigade Combat Team, assumes his position and awaits medical treatment for the simulated CH-47 Chinook helicopter crash Aug. 10.



A firefighter drags a victim from the simulated crash scene.

Photos by Sgt. Ann Venturato



Movie Schedule

# Sustainer Reel Time Theater

Daily Shows: 3 p.m., 6 p.m., and 9 p.m.  
(schedule is subject to change)

Aug. 22

3 p.m. White Chicks  
6 p.m. The Notebook  
9 p.m. Collateral

Aug. 23

3 p.m. The Terminal  
6 p.m. White Chicks  
9 p.m. The Notebook

Aug. 24

3 p.m. Collateral  
6 p.m. Two Brothers  
9 p.m. White Chicks

Aug. 25

3 p.m. White Chicks  
6 p.m. Collateral  
9 p.m. The Notebook

Aug. 26

3 p.m. The Notebook  
6 p.m. White Chicks  
9 p.m. Collateral

Aug. 27

3 p.m. Alien Versus Predator  
6 p.m. Alien Versus Predator  
9 p.m. Alien Versus Predator

Aug. 28

3 p.m. Sleepover  
6 p.m. Alien Versus Predator  
9 p.m. Alien Versus Predator

Sleepover



White Chicks

## Weekly Religious Schedule

Protestant-Traditional

Sunday 9 a.m. Eden Chapel (bldg. 4148)  
Sunday 9: 30 a.m. 31st Combat Support Hospital  
Sunday 10:30 a.m. Sapper Chapel (bldg. 4091)  
Sunday 11 a.m. Eden Chapel (bldg. 4148)  
Sunday 11 a.m. 185th Aviation Group Chapel

Protestant-Praise and Worship

Sunday 9 a.m. Sustainer Indoor Theater  
Sunday 9:30 a.m. 185th Task Force Tent  
Sunday 11 a.m. Eden Chapel (bldg. 4148)

Protestant-Gospel

11:30 Sustainer Indoor Theater  
7 p.m. Eden Chapel (bldg. 4148)

Protestant-Liturgical

Saturday 7 p.m. Tuskegee Chapel

Church of Christ

Sunday 11 a.m. 1/142nd Chapel Tent

Islamic Prayer

Friday 1:30 p.m. Anaconda Chapel Tent

Protestant-Contemporary

Sunday 7 a.m. Sustainer Indoor Theater  
Sunday 9 a.m. Tuskegee Chapel  
Sunday 5:30 p.m. Tuskegee Chapel

Roman Catholic Mass

Sunday 8:30 a.m. 185th Task Force Tent  
Sunday 10 a.m. Sustainer Indoor Theater  
Sunday noon 31st Combat Support Hospital  
Monday 9 a.m. PPI Dining Facility  
Monday 7 p.m. PPI Dining Facility  
Saturday 7 p.m. Eden Chapel (bldg. 4148)

Latter Day Saints

Sunday 9:30 a.m. Anaconda Chapel Tent  
Sunday 7 p.m. Tuskegee Chapel

Lutheran

Sunday 8:30 a.m. Cherokee Chapel (bldg. 4002)  
Sunday 2 p.m. 185th Task Force Tent

Jewish Prayer

Saturday 6:30 p.m. Eden Chapel (bldg. 4148)

Christian Orthodox

Sunday 11 a.m. 185th Task Force Tent

## Movie Synopsis for Aug. 22-28

Sleepover

PG, Comedy, 90 min  
Alexa Vega, Brie Larson, Johnny Sneed

“Sleepover” revolves around a slumber party. In hopes of shedding their not-so-cool reputations during the summer before their freshman year, best friends Julie (Alexa Vega), Hannah (Mika Boorem), Yancy (Kalli Flynn Childress), and Farrah (Scout Taylor-Compton) decide to host the sleepover of their lives. Far from a mere pillow-fight-laden girl talkfest, this sleepover includes an intense scavenger hunt against the infamous “popular” clique. The girls manage to hijack a car, sneak into clubs, engage in a first kiss, and learn more than a little bit about themselves and their capabilities — all while evading the watchful eyes of Julie’s mother

Collateral

R, Thriller, 116 min  
Tom Cruise, Jamie Foxx, Val Kilmer

Max (Jamie Foxx) is a cab driver, and one night behind the wheel becomes the ride of his life. Max thinks his luck is getting even better when his fare, Vincent (Tom Cruise), offers him \$700 in cash if he’ll be willing to drop him off, wait, and pick him up at five different spots over the course of the evening. Max agrees, but he soon realizes Vincent is a assassin who has been paid to murder five people who could put the leaders of a powerful drug trafficking ring behind bars in an upcoming trial. As circumstances force Max to do Vincent’s bidding, the cabbie has to find a way to prevent Vincent from killing again and save his own skin.

White Chicks

PG-13, Comedy, 105 min  
Marlon Wayans, Shawn Wayans, Anne Dudek

When brothers and fellow FBI agents Marcus (Marlon Wayans) and Kevin Copeland (Shawn Wayans) accidentally ruin an otherwise painstakingly executed drug bust, they take on a case far beneath their usual standards when they agree to escort socialite sisters Brittany (Maitland Ward) and Tiffany Wilton (Anne Dudek) from a private terminal at JFK Airport to their hotel room in the Hamptons. With the help of an FBI lab scientist, the very much African-American Kevin and Marcus will be transformed into two white women who could pass for Brittany and Tiffany. The agents must keep the charade up long enough to lure the kidnapper, but fooling everyone involved will, quite predictably, be the job of their lives.

The Terminal

PG-13, Comedy Drama, 128 min  
Tom Hanks, Catherine Zeta-Jones

This romantic comedy from revolves around an Eastern European man by the name of Viktor Navorski (Tom Hanks), whose plans of immigrating to New York were hastened by a violent coup in his home country. Viktor finds himself on the wrong end of a nasty technicality while en route to America. Unauthorized to leave Kennedy Airport upon his arrival and unable to return home, Viktor finds himself exiled inside the terminal’s international transit lounge. Though airport official Frank Dixon (Stanley Tucci) views Viktor as an annoying bureaucratic glitch, other airport employees come to see him as a welcome addition.



# Electricians give post jolt of electricity

By Pfc. Leah R. Burton  
Staff writer

Suited up in fire retardant flash suits, voltage-rated gloves, and hearing and eye protection, the only Prime Power unit in the Army keeps LSA Anaconda's electrical current operational.

The 2nd Detachment, Company B, 249th Engineer Battalion (Prime Power) here assesses the high voltage electricity needs for LSA Anaconda; they produce, supply and maintain that energy.

"The work of Prime Power entails supporting the Army in its warfighting and disaster relief and support of [the Department of Public Works] and base electrical operations," said Staff Sgt. Devon A. Mayers, Prime Power supervisor.

Before Prime Power can run electricity through a facility, the Soldiers must know the energy demands for that facility. This requires assessment of the number of air-conditioners, televisions, coffeepots, radios and like items.

With this determination made, lines are run from a power plant to the secondary distribution center to a transformer, which breaks down the electrical current to the appropriate voltage.

From the transformer the electrical current goes straight into the panel boxes of the designated facilities.

These electrical demands are met by two power plants on post, one run by Prime Power and another that is leased to International American Products, a contractor.

Prior to arrival of Prime Power, there was an increased occurrence of people getting shocked.

They have made many improvements, and still more needs to be done.

Some power outages are the result of faults in



Photo by Pfc. Leah R. Burton

**Sgt. Justin M. Moore, an electrician from the 249th Engineer Battalion, repairs a bypass oil filter hose on an MEP-208A 750-kilowatt power generator.**

the line that cause interruptions in electrical flow. People digging without an approved dig permit often cause these faults.

"We do a lot of repairs because people go ahead and dig anyway. We have a 1,000-volt line buried, and a few people have hit it. Luckily no one's been killed," said Thomas.

Prime Power approves and disapproves dig permits after inspecting the proposed site and making sure that the excavators won't stumble upon a high-voltage wire.

"It's customary for high-voltage wires to be buried three to six feet deep. A lot of them here aren't as deep as they should be, so we go out with cable locaters and determine where they are, how deep they are and how many volts they are," said Thomas.

Soldiers from Prime Power have installed more than 300 miles of high-voltage cable since April.

Prime Power helps keep the Soldiers of LSA Anaconda in as comfortable a lifestyle as possible in a combat zone.

"Without Prime Power, LSA Anaconda would probably be on generator power, which would cost a lot more money," Thomas said.

As much as people appreciate having electricity, there are many responsibilities and safety precautions that accompany the luxury.

Soldiers should never take it upon themselves to decide to do wiring themselves, or dig without the approval of Prime Power, Facility Engineer Team-15 or DPW.

Prime Power is in building 4138 New Jersey Avenue. For more information, call Prime Power at DNV 520-0249, FET-15 at DNV 529-7956 or DPW at DNV 529-7953.

## Electricity can cause death, injuries

By Pfc. Leah R. Burton  
Staff writer

People who are not properly trained to repair faulty electrical wiring stand an increased chance of sustaining life-threatening injuries when they attempt to make their own repairs.

Leave it to the professionals on camp.

"The biggest problem in theater is because people who don't understand electricity are wiring things themselves and bypassing the built-in safety protection for the wires (circuit breakers that shut off power when there is a fault in the wire), thus causing electrical fires," said Staff Sgt. Keone Castleberry, 249th Engineer Battalion (Prime Power) supervisor.

"There is also the chance of wiring equipment wrong, which can cause damage to

personnel and equipment," he said.

When people attempt to do their own wiring, they often cause damage to electrical equipment, resulting in power outages until the wires can be fixed. Because Prime Power has only eight electricians to take care of LSA Anaconda, these repairs could take a few days if the wires are buried in the ground.

"We had an electrical accident with one of our personnel. He received second-degree burns on his hand from just replacing a fuse for the building. I know there are people out there doing it without the proper protective equipment, which is dangerous," he said.

In addition to wiring, digging can also be an electrical hazard. High-voltage wires are buried on LSA Anaconda and can cause severe injuries if struck

with a shovel. Prior to excavating, people should fill out the proper dig permits at Facility Engineer Team-15 to prevent hitting the high-voltage lines while digging.

If a person should witness an electrical injury occurring, he should turn off the source of the electricity, if possible. If it's not possible to turn off the electrical source, using an insulated pole or a rope, knock the victim off of the energized source and take him or her to the hospital immediately. If the victim's heart has stopped, perform rescue breathing and get help.

"[People] usually get hurt around here due to improper wiring, not using the proper protective equipment and carelessness," said Castleberry.

The proper equipment includes a fire retardant suit, voltage-rated gloves, and eye and hearing protection.

### Do's and Do not's

#### Do's

- Contact a professional when electrical work needs to be done
- Go to the hospital if shocked or witness an electrical flash
- If you witness an electrical hazard, let someone know
- Check the voltage on appliances prior to plugging them in

#### Do not's

- Wire things if not trained properly
- Bypass electrical protection devices (circuit breakers or fuses)
- Attempt to change fuses or breakers if they keep blowing or turning off
- Install a bigger breaker or fuse to prevent it from turning off
- Overload circuits

Rather than attempting to repair faulty wiring, people should see the Department of Public Works at 4005 Perimeter Road or Prime Power at 4138 New Jersey Avenue.

Call DPW at DNV 529-7953 or Prime Power at DNV 520-0249 to report faulty wiring.







Photo by Sgt. Annette B. Andrews

Col. John C. Wicks, psychiatrist and retired Alabama National Guardsman, sits on the patio at the 785th Combat Stress Control Medical Company shortly after the All Clear alarm.

# A patriot for all times

By Sgt. Annette B. Andrews  
Editor

In today's military experience counts for a lot, so when a retired National Guardsman received a mailing from the U.S. military asking him whether he considered himself fit for duty he thought long and hard on it.

"I kept that postcard in my pocket until it was ragged," said 68-year-old Col. John C. Wicks, a psychiatrist at the 785th Combat Stress Control Medical Company on LSA Anaconda. "I thought about it and considered myself fit to serve ... I felt I had something [important] to contribute."

With his background and knowledge of the human psyche, Wicks is quite familiar with the stressors a combat Soldier encounters.

"I knew we had all these troops here and I thought I might be able to help take care of them," said the Desert Storm veteran, who was quick to point out, "I am here of my own choosing. I'm not doing it for the money."

Wicks was in practice as a psychiatrist with a state hospital that served 18 counties in North Alabama at the time he was called to duty. There his patients were mostly civilly committed.

A Marine at 18, he pursued his degree on the G.I. Bill after serving a two-year, active-duty enlistment. Wicks has been a licensed psychiatrist since 1975 and spent most of his time practicing in Alabama when he wasn't serving his country.

Much of his experience, serving as a Marine

and then joining the Alabama National Guard at 40, was with service members suffering from combat stress: a traumatic psychoneurotic reaction (as of the anxiety type) or an acute psychotic reaction occurring during wartime combat or under conditions causing stress similar to that of combat - also known as fatigue syndrome.

Another stressor Wicks discusses with his clients concerns home front issues: those are anxieties that include monetary responsibilities to families that are left at the Soldier's duty station, the spouse's ability to cope with the service member's deployment, a child or children's welfare, and a myriad of other family related issues.

The third most related form of stress Wicks has seen on deployment comes from chain of command issues.

"Not everyone gets along with everyone else," he said. "Personality conflicts can cause a lot of stress."

One of the toughest parts of this mission Wicks said was not his age but deploying without a familiar unit.

"I'm a little more apprehensive this time because I was plucked out on my own and not with a unit of people I know," he explained. "Being around people you know does make a difference."

In talking to this Soldier, Wicks makes it plain that he has been around the block a time or two and offers others the benefit of his long experience in service to his country.

## Keep critters in check

By Staff Sgt. Jason Lake  
332nd AEW/Public Affairs

Keeping pests under control at a military base is serious business.

Senior Master Sgt. Burhl Hartin, a pest management specialist from the 332nd Expeditionary Civil Engineer Squadron, recalls an incident at his home base, the 125th Fighter Wing in Jacksonville, Fla.

"One time we had an F-16 hit a wild pig that ran across the flight line," he explained. "(The impact) sent the plane off the runway and into the woods. The pilot survived the accident, but the plane wasn't so lucky."

Although wild pigs aren't much of a threat to aviators here at LSA Anaconda, Hartin said there are other animals that pose a threat to pilots as well as other residents.

One of the most deadly threats to pilots here, the 15-year pest control veteran explained, is the birds inhabiting a pond near the flight line.

Even though most birds don't weigh more than a few pounds, they are still capable of taking down an aircraft if ingested into a jet intake or rotary blade.

"Bird hazards have existed since the beginning of air travel and can cause a considerable amount of damage and occasional loss of human life," explained Master Sgt. William Ellis, 332nd Expeditionary Operation Support Squadron airfield manager. "To reduce the number of bird strike occurrences, it is imperative for pilots to be aware of the possibility and seriousness of bird strikes."

To combat the threat, Hartin and his partner, Senior Airman Staci Barratt, closely monitor the area surrounding the flight line and document the flight patterns and flock activity of the different species of birds.

According to Barratt there are more than 400 different species of birds in Iraq.

Currently, Barratt has tallied up a few more than 20 species of birds since she arrived here in May. The first species she noticed after arriving here was the Indian Roller.

"There is one pair (of Rollers) that always hang on the same tree branch out here," Barratt explained as she scanned the pond with her binoculars. If this couple or any other bird endangers the lives of pilots, Hartin said the team uses different types of tactics to scare the birds away - the most common being the "shotgun scare away gun," that just makes a loud noise.

"Our aim is to protect the flight line, but also do our best to protect the birds as well," Hartin explained.

In addition to monitoring birds around LSA Anaconda, the duo also helps keep other pests under control.

Hartin said the two also check the area for mosquito larvae and signs of wild dogs and cats. They also respond to sightings from other units.

On one occasion, Hartin remembered getting a call from the 332nd Mission Support Group headquarters about bats in the ceiling.

"I had to pull bats out from above the ceiling panel using makeshift chopsticks," Hartin said.

Regardless of the situation, the goal is to relocate the animal with minimal amount of force.

If we can do it in a less harmful way, we do it," he said. "It isn't beneficial for us to kill (wildlife), so we try to keep everything in their place."



## Chaplain's Corner

Chaplain David Shoffner  
1st Squadron, 14 Cavalry

**WARNING!!!** Deployment Drift. During normal times, what do you and your spouse usually talk about? Well, lots of things, but if you analyze most of our conversations, they either start with or center on common or shared experiences.

"Well, what did you do today?" or, "you will never believe what your son did today."

One of the problems with long deployments is that shared and common experiences become less common and less shared as the time drags on.

Several Soldiers and I have been discussing that the e-mails and phone calls are shorter, and it is harder to think of something meaningful to say. This is a sign that the dreaded "deployment drift" might be setting in.

In a month or two we will begin serious talk about coming home, and that will help us pick up steam and carry us through to the end, but what do we do with the time between now and then. How do we avoid deployment drift?

The answer to this, and many other issues in married life, is communication. At this point in the deployment it maybe hard, but we must discipline ourselves to talk. Even if what we have to say seems repetitive or unimportant, share it.

"Oh he (or she) doesn't want to hear about me taking the kids to the dentist." Oh yes we do. If we were home we would be talking about it.

"Oh she (or he) doesn't want to hear that we went to Scania again for the fifteenth time." Oh yes she or he does.

This is the sharing of our lives that create the bonds of holy matrimony. The monumental and the mundane, it all binds us together.

While you are at it, share some of that mushy stuff too. My wife and I have been together almost 20 years, and both of us still like hearing, I love you, I miss you, can't wait to hold you ... you can never go wrong with the mushy stuff.

This is an important time, a challenging time, and a time when it takes a little effort to stay close.

In my next letter we will start to visit those re-union issues that we introduced way back before we left, and the excitement of thinking about re-union will fuel our communication. But for now, we need to keep working at it, continuing to build toward the final leg of this marathon.

Thank you once again for all your support. We pray for you often. God Bless, and avoid the drift.

## MWR construction uses metal, workers, rebar

By Pfc. Abel Trevino  
Staff writer

**Construction on the new Morale, Welfare and Recreation facility near the post exchange is expected to be completed in early September.**

The building that has been under construction since late April will prove to be a better environment than the tents that currently houses the MWR facility.

"Some of the benefits the facility has over the tents are more space, each area is sectioned off and a much cleaner environment," Command Sgt. Maj. Michael L. Patterson, MWR command sergeant major for LSA Anaconda, said. "The facility offers Soldiers more activities to do, better set up for staff to provide quality service to the Soldiers and everything is located in one structure. Soldiers don't have to go from one tent to another."

The building was designed to offer separate rooms for the various activities MWR provides for the troops.

"The building is 2,200 square meters," said Atakan Kulak, site manager for the construction site. "It's going to have a concert hall inside, library, multimedia room, a lounge where people can play pool and table tennis and a [videogame] room."

The new facilities are part of the ongoing schedule to continuously improve upon the existing MWR program for LSA Anaconda.

MWR provides Soldiers with facilities and special events that are intended to allow service members a chance to relax and enjoy themselves while deployed. The program is expected to take advantage of the space offered by the building



Photo by Pfc. Abel Trevino

Construction on the new Morale, Welfare and Recreation facility is expected to reach completion by September.

and develop farther based on the requirements and needs of the Soldiers, said Patterson.

The second MWR center, still under construction near Dining Facility 4, will be completed at a later date.

## Question of the Week

## What would you like to see at the PX?



Sgt. Bryan Miller  
29th Signal Battalion

"Playstation 2. They have the games but they don't have the system."



Staff Sgt. Eric Ramsey  
252nd Armor

"Just need more food; different variety of food."



Staff Sgt. Michael Blanner  
64th Rescue Squadron

"Better selection of movies."



Spc. Donnie Snider  
121st Signal Battalion

"More [sew or pin on] rank."



Pfc. Kendrick Hatchett  
17th Cavalry

"More selection of music."



# Optometrist is a sight for sore eyes

By Pfc. Abel Trevino  
Staff writer

Amongst all the problems in combat zones, eye problems are generally overlooked. One man, Maj. Bruce Flint, doctor of optometry, makes the eye problems of LSA Anaconda his business.

"Anybody who has an eye problem and makes it on the base, we're willing to do an exam for," the optometrist with the 81st Brigade Combat Team said.

Although the optometry office can only prescribe glasses and medication for American military personnel, Flint said that the military is hoping to acquire funding to provide glasses and treatment for the children of local villages.

Flint has practiced optometry for the past 22 years. He has been assigned to the National Guard unit from the Pacific Northwest for seven years and arrived at LSA Anaconda in early April with the personal goal of assisting people with eye problems in emergency situations.

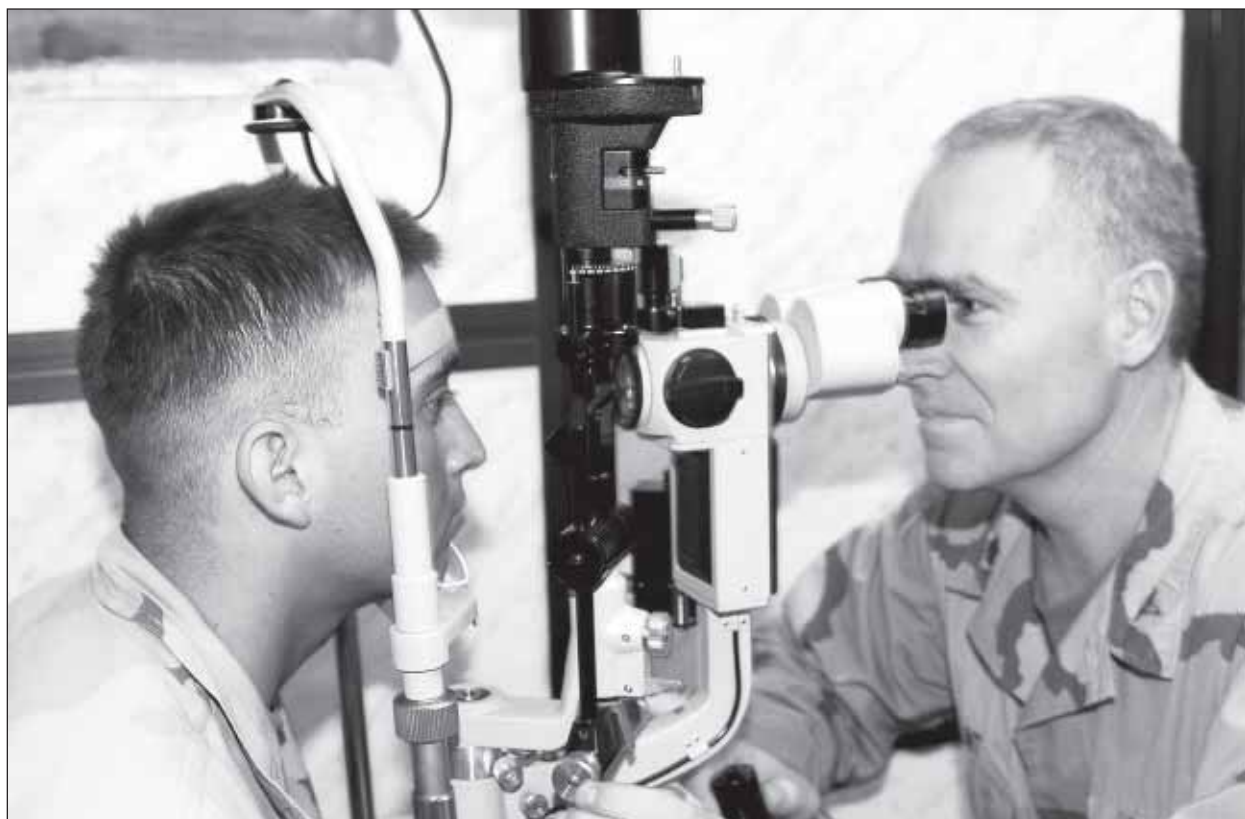
"I enjoy what I do," the Southern California College of Optometry graduate said. "There's a lot of satisfaction in helping and taking care of people. I do miss my family, greatly, but it sure is a nice feeling knowing you're making a positive contribution."

One of a handful of optometrists in country, Flint has been able to assist with vision problems that range from simple prescriptions and flight exams to removing debris, shrapnel, glass and other foreign bodies from the eyes of the injured.

Patients with more serious injuries, those that penetrate the eyes and damage the cornea, are flown to Baghdad for treatment.

"There are three surgeons there that specialize in [severe eye injuries]," he said.

In addition to seeing eye injuries from debris,



Courtesy photo

Maj. Bruce Flint, doctor of optometry, examines a patient's eyes. Flint's office does a little of everything when it comes to the eyes, including examining and correcting vision problems.

Flint has seen people with corneal ulcers.

"All of the corneal ulcers have been associated with contact lens wear."

Contact lenses are prohibited in theater and can cause severe eye damage as well as an Article 15.

The most severe injuries, such as retinal detachment, are referred straight to Germany for treatment.

By taking preventive measures, the most common eye injuries can be avoided altogether.

"There have been a number of eye injuries that

could have been avoided by protective eyewear," the father of five said. "I don't think there's anything more precious to lose than your sense of sight. It's a shame that some people lose it from lack of preparation."

Flint is the only optometrist in LSA Anaconda and sees an average of 20 patients a day. His office, in the Troop Medical Center, not only identifies eye afflictions, but also manufactures glasses and gas mask inserts to correct the vision problems for service members here.

## 10 THINGS TO HELP ENSURE YOUR ABSENTEE VOTE IS COUNTED

1. START BY CONTACTING YOUR UNIT/EMBASSY/ORGANIZATION VOTING ASSISTANCE OFFICER FOR HELP IN ABSENTEE REGISTRATION AND VOTING.
2. VISIT THE FEDERAL VOTING ASSISTANCE PROGRAM'S WEBSITE AT [WWW.FVAP.GOV](http://WWW.FVAP.GOV) FOR INFORMATION ON THE ABSENTEE REGISTRATION AND VOTING PROCESS.
3. ENSURE THAT YOU HAVE APPLIED FOR YOUR ABSENTEE BALLOT USING THE HARD COPY OR ON-LINE VERSIONS OF THE FPCA.
4. MAKE SURE YOUR LOCAL ELECTION OFFICIAL HAS YOUR CURRENT MAILING ADDRESS.
5. SIGN AND DATE ALL ELECTION MATERIALS.
6. FULFILL YOUR STATE'S WITNESS/NOTARY REQUIREMENTS (IF REQUIRED).
7. ENSURE THAT YOUR BALLOT OR FPCA IS POSTMARKED.
8. REGISTER TO VOTE AND REQUEST YOUR BALLOT IN A TIMELY MANNER - NOT LATER THAN SEPTEMBER.
9. VOTE - MAIL YOUR BALLOT NOT LATER THAN OCTOBER 15, 2004.
10. USE THE FEDERAL WRITE IN ABSENTEE BALLOT IF YOU ARE OVERSEAS AND YOUR STATE ABSENTEE BALLOT DOES NOT ARRIVE IN TIME TO BE MAILED BACK BY THE STATE'S DEADLINE.

## Stay Vigilant!

Report suspicious activity to:

Your immediate supervisor

Your Chain of Command

Military Police or other appropriate authorities

**BE AWARE** of activity around you before and after an attack!!!



# Soldiers prepare for Olympic marksmanship

By Paula J. Randall Pagán  
U.S. Army Marksmanship Unit  
Public Affairs

When the Olympic torch lit the flame at the 2004 Games in Athens, eight U.S. Army Marksmanship Unit Soldiers and four other current and retired service members were there to see it.

Seven shooters and a gunsmith from the Army Marksmanship Unit marched with the U.S. Olympic Team in the opening ceremony Aug. 13.

USA Shooting conducted Olympic selection matches on Fort Benning's Hook Range, Phillips Range and at the Pool International Shooting Complex Sept. 21-29, March 17-27 and May 20-June 3. Seven Fort Benning Soldiers won 10 slots on the U.S. Olympic shooting team.

This will be Maj. Michael E. Anti's third Olympics. The 39-year-old will compete in the men's three-position free rifle and prone rifle competitions. He shot in the 1992 and 2000 Olympics, finishing in ninth place in 2000 in the three-position rifle competition and in 18th place in 1992 in the prone rifle event. He won a 2004 Olympic quota slot in three-position free rifle for the United States at the 2002 world championships.

"I have been to the Olympics before, so I know what to expect," Anti said. "If I stay focused and shoot my match, I will be successful."

"You can never fully prepare yourself for your first Olympic experience," he added. "It is bigger than I could imagine; there is electricity in the air I cannot explain."

Anti, an infantry officer, is attached to the USAMU through the World Class Athlete Program.

Sgt. 1st Class Jason A. Parker, 30, will compete for the second time in the Olympics in men's air rifle. The infantryman finished fifth in the 2000 Olympics, barely missing a medal by seven-tenths of a point.

"The Olympic competition experience gave me the confidence to shoot good scores anywhere in the world," Parker said. "The highlight was making the Olympic finals. Unfortunately, I only placed fifth. I will train harder and smarter to be at my peak performance at the 2004 Olympics."

Parker went on to win the 2002 air rifle world championship — a title he still holds — and an Olympic quota slot, and he set a world record with his gold-medal win at the 2003 Munich World Cup.

Spc. Hattie J. Johnson, 22, will compete in women's air rifle in Athens. She is a six-time Idaho and Washington state sport rifle and air rifle champion and the 2002 300-meter sport rifle three-position and prone interservice champion. Johnson joined the Army in 2000 right out of high school and is a combat medic.

"Match jitters will definitely be the hardest part for me," she said. "I have only competed in a world cup once, so this, by far, will be my biggest competition ever. To achieve my goal, I need to train hard, stay focused and have confidence."

A first-time Olympian, Johnson is the only female active-duty Army shooter on the Olympic team.

This will be the second Olympics for Sgt. 1st Class Daryl L. Szarenski, 36. He will compete in both men's air pistol and free pistol.

The infantryman finished 25th in free pistol in the 2000 Olympics and won an Olympic quota slot in air pistol at the 2002 World Championships.

"The hardest part of the Olympic competition was shooting against the greatest shooters in the world and trying to have an excellent performance," Szarenski said. "I did not know what to expect. My whole Olympic experience was like no other match I had ever shot; everything was new."

Sgt. 1st Class Bret E. Erickson, 43, made both the men's trap and men's double trap teams. He was a 1992 and 1996 Olympian in trap. The mortarman came in 20th in 1996 and 16th in 1992 in the trap competitions.

"Without the Army and the Army Marksmanship Unit, I would not be an Olympian," Erickson said. "The Army has given me the opportunity to train while supporting my family."

Erickson joined the Army in 1983 and plans to retire after this Olympics.

The third time shooting skeet in the Olympics resulted in a bronze medal in 2000 for Sgt. 1st Class James "Todd" Graves, 41. He finished 15th in skeet in the 1996 Olympics. In the 1992 Olympics, he took 11th place in skeet and 29th place in trap. He was the first shooter to earn Olympic slots on both the skeet and trap teams.

"I owe everything to the Army and the unit," Graves said. "I could not have done it without them — and my wife for making me work hard."

The infantryman will compete in skeet again in Athens.

Sgt. 1st Class Shawn C. Dulohery, 39, will compete in skeet in the 2004 Games. This will be the first Olympics for the infantry Soldier, who won the skeet world championship and an Olympic quota slot in Cairo, Egypt, in 2001.

"The highest level an athlete can achieve is the Olympics," Dulohery said. "Being an Olympian is an honor, knowing I will represent not only myself but the country and the flag as well."

Sgt. 1st Class Charles P. Gartland, 39, a USAMU gunsmith, was chosen by USA Shooting to be the official gunsmith for the 2004 Olympic Games. Also, Staff Sgt. Elizabeth "Libby" Callahan, 52, of the U.S. Army Reserve made the Olympic team in sport pistol and women's air pistol. The retired Washington, D.C., police officer

is part of the Army World Class Athlete Program.

Army Reserve Maj. David Johnson is the U.S. Olympic rifle team coach, and retired Master Sgt. Erich Buljung is the U.S. Olympic pistol team coach. Both are former U.S. Army Marksmanship Unit members. Retired Air Force Chief Master Sgt. Lloyd Woodhouse is the U.S. Olympic shotgun team coach. Thirteen civilians also made the U.S. Olympic shooting team.

Formed in 1956 by President Dwight D. Eisenhower to raise the standards of marksmanship throughout the U.S. Army, the Army Marksmanship Unit is assigned to the Accessions Support Brigade of Fort Knox, Ky., which is under U.S. Army Accessions Command, of Fort Monroe, Va. Accessions Command is charged with overseeing recruiting and training the Army's enlisted Soldiers and officers.

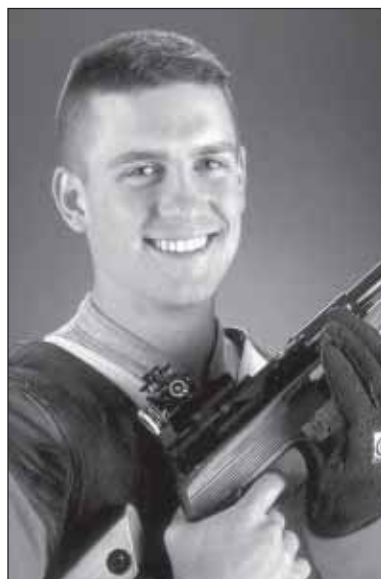
The marksmanship unit trains its Soldiers to win competitions and enhances combat readiness through train-the-trainer clinics, research and development.

The world-class Soldier-athletes of the USAMU also promote the Army and assist recruiters in attracting young Americans to enlist in the Army.



Courtesy Photo

**Sgt. 1st Class Daryl L. Szarenski will compete in both men's air pistol and free pistol events.**



Courtesy photo

**Sgt. 1st Class Jason A. Parker competes in the Olympics men's air rifle competition for a second time this year.**



Courtesy photo

**The 2004 Olympics are Maj. Michael E. Anti's third Olympics to compete in the men's three-position free rifle and prone rifle competitions.**



# Prepping for disaster

By Pfc. Abel Trevino  
Staff writer

On Aug. 10, an emergency scenario was played out to help prepare LSA Anaconda in the event a mass casualty incident should occur on the airfield.

The event's success relied on creating as real of a situation as possible. Part of maintaining the reality of the scenario involved secrecy.

"There are two things happening right now," said Chief Warrant Officer Randall Ottinger, aviation safety officer for 1st Battalion, 106th Aviation. "[The crew] is calling the tower and contacting our unit. [My unit doesn't] know this is coming."

Airfield personnel were not the only people kept in the dark about the scenario.

"No one knows about the medical event that is going to happen except a few of us," said Capt. Penny Chencharick, a consequence manager from the 81st Brigade Combat Team.

The exercise tested the joint response of Army and Air Force emergency medical teams and fire departments.

"This is a coordinated [effort] between the Air Field and Army to come up with a good running plan in the event of a mass casualty incident," Col. Joe Ortega, 332nd Expeditionary Medical Support said.

The situation was designed to reflect what could happen.

"We're making up a scenario, but it's very real," Ottinger said. "This could be reality because we fly full loads virtually every night, but that's the scenario."

To create a more realistic atmosphere, burn pans with fuel were ignited to simulate flames for

firefighters to put out before they could approach the helicopter, a CH-47 Chinook on loan from the 193rd Aviation.

The equipment being used created a realistic scenario, but first responders also needed to test their reaction to treating injuries that they could run across in that scenario, such as shock and shrapnel wounds.

Injuries were created at the Air Force Clinic, near the airfield, hours before the event started for the 24 people who took part in the exercise playing the role of the injured victims.

The victims were caked in various household materials to simulate actual injuries, said Lt. Col. Irene Benson, one of the makeup artists at the Air Force Clinic, where the moulage took place.

The clinic smelled of the combination of sterile hospital and talcum with the sugary sweetness of cherries as victims ran around with their faces covered in Vaseline, baby powder and red powdered beverage mix.

The actors were covered with the homemade concoctions to ensure the first responders could easily recognize their injuries as they came on the scene. Various objects protruded from people and blood ran down their faces, arms, legs and every possible location. The crowd, with broken arms, glass protruding from limbs, shock and a case or two of death, was laughing from excitement.

The intense preparations for the exercise included secrecy and impromptu makeup by a team of experienced medical personnel.

The injured role players were bused to the airfield and the success or failure of the exercise was in the hands of the first responders.



Photos by Pfc. Abel Trevino

Lt. Col. Irene Benson and Chief Master Sgt. Mark Chiles use baby powder and Vaseline to simulate shock for one of the role playing victims of the accident for the mass casualty exercise Aug. 10.



One of the many simulated injuries, this shard of glass is held onto a victim with Vaseline. Cherry powdered beverage mix and iodine were used to simulate blood.



The makeup artists gather around a stand loaded with equipment to make the moulage as realistic as possible. It took 90 minutes to dress the 24 role players with injuries for the exercise.